What is claimed is:

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- 1. A coating film forming method comprising applying a waterborne coating to a surface of a substrate and then drying to form a coating film, wherein a wet coating thereof is exposed to microwaves for predrying.
- The coating film forming method according to Claim 1,
 wherein the wet coating is exposed to microwaves at an output power of from 20W to 20 KW for from 10 seconds to 600 seconds.
- 3. The coating film forming method according to Claim 1,

 15. wherein the solid content of the wet coating is controlled to 80% or greater by exposure to microwaves.
 - 4. The coating film forming method according to Claim 1, wherein the surface of the substrate is plastic.
 - 5. The coating film forming method according to Claim 4, wherein the plastic has a thermal softening point of 100°C or less.
- 25 6. The coating film forming method according to Claim 1,

wherein the waterborne coating is a waterborne primer coating or electrodeposition coating; and after application of the waterborne primer coating or electrodeposition coating to the surface of the substrate, the wet coating is predried by exposure to microwaves, followed by application of a top coat.

7. The coating film forming method according to Claim 1, wherein the waterborne coating is a waterborne primer coating or electrodeposition coating; and after application of the waterborne primer coating or electrodeposition coating to the surface of the substrate, the wet coating is predried by exposure to microwaves, followed by application of an intermediate coating.

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- 8. The coating film forming method according to Claim 1, wherein the waterborne coating is a waterborne primer coating or waterborne intermediate coating; and after application of the waterborne primer coating or waterborne intermediate coating to the surface of the substrate, the wet coating is predried by exposure to microwaves, followed by application of a top coat.
- 9. The coating film forming method according to Claim 1,25 wherein the waterborne coating is a thermosetting

waterborne top coat containing a coloring pigment and/or light reflecting pigment; and after application of the thermosetting waterborne top coat to the surface of the substrate, the wet coating is predried by exposure to microwaves, a thermosetting clear coating is applied, and then the both wet coatings are dried simultaneously by heating.

- 10. The coating film forming method according to Claim 1, 10 wherein the waterborne coating is a thermosetting waterborne top coat containing a coloring pigment an/or light reflecting pigment; and after application of a first thermosetting waterborne top coat containing the coloring pigment and/or light reflecting pigment to the surface of 15 the substrate and predrying of the wet coating by exposure to microwaves, a second thermosetting waterborne top coat containing a coloring pigment and/or light reflecting pigment is applied, the wet coating is predried by exposure to microwaves, a thermosetting clear coating is applied, 20 and the three wet coatings are then cured simultaneously by heating and drying.
 - 11. The coating film forming method according to Claim 1, wherein the waterborne coating comprises an
- 25 elctrodeposition coating, waterborne intermediate coating

and thermosetting waterborne top coat; and after application of the electrodeposition coating to the surface of the substrate and predrying of the wet coating by exposure to microwaves, the waterborne intermediate coating is applied, the wet coating is predried by exposure to microwaves, followed by heating and drying, the thermosetting waterborne top coat is applied, followed by predrying of the wet coating by exposure to microwaves, and a thermosetting clear coating is applied, followed by heating and drying.

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12. The coating film forming method according to Claim 1, wherein the waterborne coating comprises an electrodeposition coating, waterborne intermediate coating, 15 a thermosetting waterborne top coat containing a coloring pigment, and a thermosetting waterborne top coat containing a light reflecting pigment; and after application of the electrodeposition coating to the surface of the substrate and predrying of the wet coating by exposure to microwaves, 20 the waterborne intermediate coating is applied, the wet coating is predried by exposure to microwaves, followed by heating and drying, the thermosetting waterborne top coat containing a coloring pigment is applied, followed by predrying of the wet coating by exposure to microwaves, the 25 thermosetting waterborne top coat containing a light

reflecting pigment is applied, followed by predrying of the wet coating by exposure to microwaves, and a thermosetting clear coating is applied, followed by heating and drying.

5 13. A coated article obtained by a coating film forming method as claimed in Claim 1.